

"The Clinical Advantage"™

■ DETERMINE WHO IS AT RISK OF FALLING

BIODEX
FALL RISK
SCREENING
& **CONDITIONING**
PROGRAM

CONSISTENT WITH THE
AMERICAN GERIATRIC SOCIETY
CLINICAL PRACTICE GUIDELINES FOR
PREVENTION OF FALLS IN OLDER ADULTS.

FALL RISK SCREENING AND BALANCE TRAINING PROGRAM

We understand that as a physician you are truly concerned with the successful rehabilitation and quality of life of your patients. The following information is an overview of the Biodex Fall Risk Screening and Conditioning Program. The program is a simple combination of risk-factor screening including analytical balance testing compared to universally-accepted normative data and medical protocols, consistent with the American Geriatric Society Clinical Practice Guidelines. If a patient is found to be at risk of falling, there is an array of interventions and conditioning exercises that can help restore balance, mobility, functional independence and subsequently reduce fall risk.

ASSESSMENT

BALANCE

The Balance System SD can identify a potential problem in just two minutes. The Biodex Fall Risk protocol of balance exercise will improve an individual's ability to remain upright under challenging conditions.



LOWER BODY STRENGTH

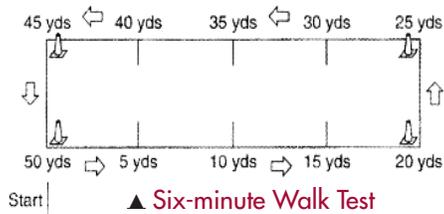
Strength is a critical contributor for a rapid response to a balance disturbance. Testing will identify weakness and, if necessary, exercise will significantly improve lower body strength.



▲ Chair Stand Test

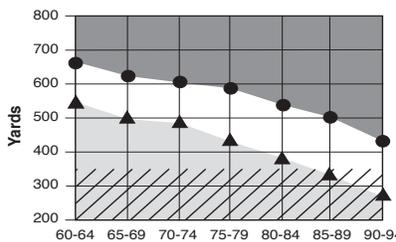
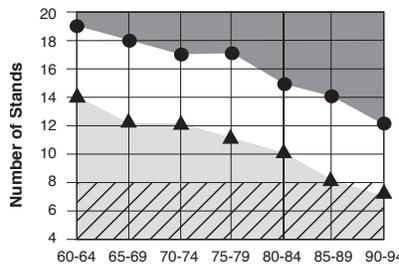
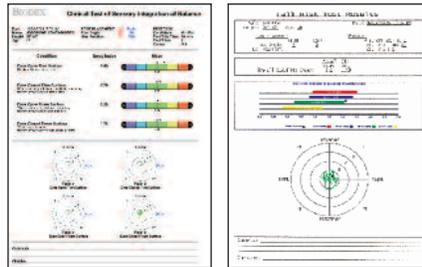
GAIT AND ENDURANCE

Independence is directly related to walking speed. Older adults typically display a slower walking speed, with shorter steps, varied in length. These are all factors related to falls. Senior safe exercise equipment, such as the Biodex BioStep, can help strengthen and build endurance of muscles; specifically those associated with ambulation.



▲ Six-minute Walk Test

NORMATIVE DATA



CONDITIONING

BALANCE TRAINING

Static and Dynamic balance/ stability training.



LEG STRENGTHENING EXERCISES



Utilizing the interactive training modes of the Balance System SD, patients can begin to regain lower body strength and improve balance and mobility.

GAIT AND ENDURANCE EXERCISE

Exercise using "senior-safe" exercise equipment can help strengthen and build endurance of muscles specifically associated with gait and mobility.



OBJECTIVE DOCUMENTATION

The Biodex Balance System SD provides objective documentation and tracks patients throughout their assessment and training phases, providing you with printed progress reports. The objective documentation and writer reports provided through this program are an excellent way to track patient outcomes and communicate their improvements with their physicians and family members.

